

Purpose

The purpose of this policy is to ensure that the physical and mental condition of members of the Hiawatha Fire Department operating at the scene of an emergency or training exercise does not deteriorate to a point that affects the safety of each member or jeopardize the safety or integrity of the operation.

Scope

This procedure shall apply to all operations and training exercises where strenuous physical activity or exposure to heat and cold exist.

Responsibilities

The Incident Commander shall consider the circumstances of each incident and make provisions early in the incident for the rest and rehabilitation of all members operating at the scene.

Company Officers and Crew Leaders shall be responsible for monitoring the condition of each member to ensure that adequate steps are taken to provide for the health and safety of each member. Company Officers and Crew Leaders shall be responsible to ensure each member follows the prescribed procedures of this policy.

All members operating at a scene shall keep their immediate supervisor advised on their needs for rest or rehabilitation. They shall also maintain awareness of the health and safety of other members of the department. All members entering the scene shall follow the provisions of the Personnel Accountability System. Members of the Rehabilitation and Medical Sector shall fill out the check-in/check-out register on Form C.

Rehabilitation Providers

When circumstances of an incident warrants the need for rehabilitation/medical sector, the incident commander will call for S-289 staffed with appropriate medical personnel to supervise and operate the rehabilitation activities for the incident. In the event that a known working fire exists, S-289 shall be staffed by only EMS certified personnel and respond to the incident to establish the rehabilitation/medical sector. S-289 shall remain available to answer any additional calls for service.

Location for rehabilitation / medical activities

In establishing a rehabilitation operation for an incident site, the following criteria must be considered:

- An area that is away from the fire or hazardous area.
- An area away from the action.
- A place where bunker gear and SCBA's can be safely removed.
- A place where ambulances can move in and out of the scene.
- A location away from exhaust fumes or trucks.
- Adequate room to accommodate multiple crew.

Designated Emergency Vehicle used as a rehabilitation center:

Unit Description	Number
Light Rescue Unit	Squad 289
Heavy Rescue Unit	Rescue 281
75' Ladder Truck	Truck 1

Baseline information for rehabilitation activities

To provide members with the best care possible, the department shall maintain copies of the Rehabilitation Medical Information sheets for each member and have that information available at each site where the incident commander establishes a rehabilitation operation. **See Form A**

Rehabilitation Team Members

Members qualified to provide rehabilitation operations:

Name of Member	Member Qualification Level
Julie Badger	EMT-P
Jim Bartels	EMT-B
Bruce Clark	EMT-B
Wayne Compton	EMT-B
Corey Cooper	EMT-B
Ron Dougherty	EMT-B
Steve Craven	EMT-B
Chris Folse	EMT-I
Bill Foreman	EMT-B
Mark Hersch	EMT-B
Hike Hook	EMT-B
Jason Lopez	EMT-P
Mike Nesslage	EMT-B
Jim O'Brein	EMT-B
Jamey Parker	EMT-B
Todd Pearson	EMT-B
Matt Powers	EMT-B
Dustin Sanford	EMT-B
Matt Treasure	EMT-B
Nick Veit	EMT-B
Tom Wille	First Responder

Supplies Needed for Rehabilitation Sector	
EMS Bag	Tarp or flag to designate Rehabilitation Area
Clipboards, pens and post-it notes	Current Hiawatha Fire & Rescue Roster
Rehabilitation notebook with baseline vitals	A watch / stopwatch
Handheld Radio	Tympanic Thermometer
Blood pressure cuff and stethoscope	Gatorade
Bottled Water	Pulse Ox
Towels	Ice Packs / Warm Packs
Oxygen and airway adjuncts	Scissors
Hand sanitizer	Space heater during cold weather incidents

Guidelines for rehabilitation

1. All firefighters shall be checked-in at the rehabilitation center
2. Following the first SCBA cylinder, Firefighters shall be visually and verbally checked in the staging area by a member of the EMS / Rehabilitation Sector. **See Forms B**
3. Following the second SCBA cylinder, firefighters shall report to the rehabilitation / EMS sector for a minimum of 30 minutes for a second visual and verbal check and rest.
4. In rehabilitation, firefighters are to sit down and rest. Take helmets and coats off, loosen or pull down pants.
5. If the weather is hot, use a cool compress around the neck, under the armpits and drape a cool cloth over their head. Fluid replacement should consist of water or Gatorade (it is recommended the member shall vary their consumption to achieve 50/50 mixture). **NO ICE!** Drink fluids slowly. (See appendix A)
6. If it is cold outside use blankets, get into a warm vehicle or building. (See appendix B).
7. Monitor vital signs every 15 minutes.
8. Notify the rehabilitation officer or transport to the emergency room if:
 - Diastolic blood pressure (BP) is above 130.
 - Diastolic BP is above 110 and symptomatic.
 - Diastolic BP is below 110 and symptomatic.
 - Systolic BP is above 200 after resting.
 - If heart rate, after 30 minutes of resting is above 140.
 - If body temperature is below 95 degrees F or above 101 degrees F.

**ANY PERSON COMPLAINING OF CHEST
PAIN, SHORTNESS OF BREATH,
ABNORMAL VITAL SIGNS OR DEEMED
NECESSARY BY THE REHAB SECTOR
OFFICER MUST BE REMOVED FROM
THE SCENE!**

Form A

Date: _____

Patient's Name: _____

Rehabilitation Medical Information

(Please Print)

Department: _____ ID Number _____

Name: _____ Birth Date: _____

Age: _____

Doctor: _____

History

Current Medications

Allergies

Medical Conditions

Resting Baseline Vitals

Date: _____

BP: _____ Resp: _____ Pulse: _____ (Regular/Irregular)

Date: _____

BP: _____ Resp: _____ Pulse: _____ (Regular/Irregular)

Date: _____

BP: _____ Resp: _____ Pulse: _____ (Regular/Irregular)

Comments: _____

Hiawatha Fire & Rescue

Policy 411
Occupational Health and Safety
Incident Rehabilitation Program
5/26/2001

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Heat Stress Index

TEMPERATURE	Relative Humidity									
		10%	20%	30%	40%	50%	60%	70%	80%	90%
104	98	104	110	120	132					
102	97	101	108	117	125					
100	95	99	105	110	120	132				
98	93	97	101	106	110	125				
96	91	95	98	104	108	120	128			
94	89	93	95	100	106	115	122			
92	87	90	92	96	100	106	115	122		
90	85	88	90	92	96	100	106	114	122	
88	82	86	87	89	93	95	100	106	115	
86	80	84	85	87	90	92	96	100	109	
84	78	81	83	85	86	89	91	95	99	
82	77	79	80	81	84	86	89	91	95	
80	75	77	78	79	91	83	85	86	89	
78	72	75	77	78	79	80	81	83	85	
76	70	72	75	76	77	77	77	78	79	
74	68	70	73	74	75	75	75	76	77	

Humiture F	Danger Category	Injury Threat
Below 60	None	little or none
80-90	Caution	Fatigue possible if there Prolonged exposure and physical activity
90-105	Extreme Caution	Heat Cramps and heat Exhaustion possible if exposure is prolonged and there is physical activity
105-130	Danger	Heat Cramps or Exhaustion likely, heat stroke possible is exposure is prolonged and there is physical activity
Above 130	Extreme Danger	Heat Stroke imminent

